1 17. (currently amended) A method of making lugs for joints in a bicycle frame made of carbon 2 fiber tubes, 3 the method comprising the steps of: making a lay-up of at least carbon fibers and a matrix material around the joint, 4 5 applying a mold lined with silicon to the tubes and laid-up fibers and matrix material, and curing the lug in the mold, the cure including expansion of an expandable element located 6 7 between the mold and the tubesthe silicon, the element's silicon's expansion serving to compact 8 the lay-up. 18. (canceled) 1 19. (canceled) 1 20. (original) The method set forth in claim 17 wherein: 1 2 the step of making a lay-up includes the steps of: wrapping each tube in the joint with a first carbon fiber fabric that is impregnated with the 3 matrix material, the ends of the fabric extending beyond the tube; 4 wrapping the ends of the carbon fiber fabric that is wrapped around a given tube around the 5 tube the given tube joins to; 6 wrapping the entire joint in a second carbon fiber fabric whose fibers have an orientation 7 different from that of the fibers in the first carbon fiber fabric. 21. (canceled) 8 22. (canceled) 1 23. (original) The method set forth in claim 20 wherein: 1 the step of wrapping the entire joint is done such that all seams in the second carbon fiber 2 fabric are at the top and bottom of the tubes and the second carbon fiber fabric is overlapped at the 3 4 seams.